Supporting you at Royal Holloway
Where to find wellbeing support and guidance

Student Advisory & Wellbeing

WE ARE HERE FOR ALL STUDENTS

Assist with transition and adjustment to university life.

Empower students by enabling you to successfully continue your studies.

Support you to embrace opportunities & make the most of your time at Royal Holloway.

Encourage everyone to seek help and advice when needed - before the issue becomes overwhelming.

wellbeing@royalholloway.ac.uk
Supporting you at Royal Holloway

Student Wellbeing advisers offer wellbeing advice and guidance to help you maintain a healthy lifestyle and make the most of your student experience. Maintaining a good balance in your studies and research.

Student Counselling provides you with the opportunity to talk about personal and emotional concerns in a friendly, non-judgemental and confidential setting.

Disability & Dyslexia Services support dyslexic students, disabled students, and those with mental health or chronic medical conditions to demonstrate their academic abilities. Early registration is important to access support!
Financial Wellbeing aim to ensure that your time at university is as financially stress free as possible. Assistance is available from the Study Support Grant.

International Student Support provide advice on visa issues and support your integration into study & life in the UK.

Multi-Faith Chaplaincy team offers a listening ear to anyone in need – whether you have a religious / spiritual belief or none.

We also have an on-site NHS GP Surgery with regular clinics for those living in the local area.
What we hear from

I can’t tell anyone I am struggling
Will it change what my supervisor thinks of me and my work?

~ 30% of students experience mental health difficulties
It’s okay not to be okay

500+ students seek advice about financial difficulty each year.
Can I survive on my budget, is there extra help

Expectation of academic success
I must succeed immediately, no one can know any of my troubles

Personal Relationships and balance
What about my partner/children/dependents

Will I be able to meet others
Is there a PG community and support?
Key messages to remember

- Don’t give yourself a hard time, be kind to yourself
- Get involved/socials meet others
- Be realistic
- Establish a routine
- Have balance in your life - plan and find what works for you

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Founder’s building